

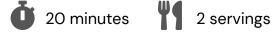




Beef Steaks

with Black Pepper and Onion Sauce

Grass-fed beef steaks served on a bed of polenta with sautéed rosemary mushrooms, kale and black pepper and onion sauce.







Spruce it up!

For a decadent polenta, cook according to instructions, then stir in 1/2 cup cream and 1/4 cup finely grated parmesan.

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BEEF STEAKS	300g
KALE	1 bunch
ROSEMARY	1 sprig
SLICED MUSHROOMS	1 punnet
BROWN ONION	1
INSTANT POLENTA	125g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, 1 garlic clove, soy sauce (or tamari), cornflour

KEY UTENSILS

2 frypans, saucepan

NOTES

Use black pepper to taste if you prefer a milder flavour.





1. COOK THE BEEF STEAKS

Bring a saucepan with **700ml water** to a boil (see step 5).

Heat a frypan over medium-high heat. Coat beef steaks in oil, salt and pepper. Add to pan and cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest and keep pan over heat for step 3.



2. SAUTÉ THE KALE

Heat a second frypan over medium-high heat with oil. Remove the kale leaves from the stalks and roughly chop. Crush garlic clove. Add all to pan and sauté for 3-4 minutes until kale is tender. Season to taste with salt and pepper.



3. COOK THE MUSHROOMS

Roughly chop rosemary leaves (reserve half for step 5). Add to reserved pan along with mushroom. Cook, stirring occasionally, for 6–8 minutes until brown. Keep pan over heat and remove mushrooms to a bowl.



4. MAKE THE PEPPER SAUCE

Thinly slice onion. Add to reserved frypan and sauté for 3 minutes. Whisk together 3/4 cup water, 2 tsp cornflour, 1 tsp soy sauce and 1 tsp cracked pepper (see notes). Pour mix into pan with onion. Simmer, whisking occasionally, for 4-6 minutes until thickened.



5. COOK THE POLENTA

Add reserved rosemary and 1 stock cube to saucepan of boiling water. Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season to taste with salt and pepper.



6. FINISH AND SERVE

Slice steaks.

Spoon polenta into shallow bowls. Top with sautéed kale, mushrooms and steaks. Spoon over pepper and onion sauce.

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